How Safe is Your Online Profile? - You Decide!

All online actions have offline consequences. Your online image is an extension of your "real world" persona. Take this quiz to help you decide if you are revealing too much online. Give yourself 55 points to start. Add or subtract points as you answer each question.

	Yes	No	Your Score 55
Is your online profile set to private?	+2	-2	
Are you friends/buddies with people you first met online?	-2	+2	
Is your friend/buddy list larger than 100 people?	-1	+1	
Does your online profile contain a photo of you?	-1	+1	
Are their inappropriate photos, videos or graphics posted on your profile?	-3	+3	
Are you friends/buddies with anyone who posts inappropriate photos, videos or graphics on their profiles?	-1	+1	
Are you a member of more than two groups or networks?	-1	+1	
Does your online profile include any direct personal information like your real name, email, phone number or school?	-5	+5	
Does your online profile include any indirect personal information like your favorite things, names of family members or school mascot?	-3	+3	
Are you a member of a group or network that is larger than 100 people?	-1	+1	
Does your online profile contain links to inappropriate websites?	-2	+2	
Are you a member of a group or network that could be considered inappropriate?	-1	+1	
Does your online profile include any posts or notes that share personal information or discuss inappropriate topics?	-1	+1	
Does your online profile contain any swear or discriminatory slang words?	-2	+2	
Do you have posts about or references to alcohol, drugs or sex on your online profile?	-3	+3	
Are you friends/buddies with people who post about alcohol, drugs or sex on their online profiles?	-2	+2	

Would you consider your online profile professional?	+1	-1	
Does your online profile contain photos or videos that provide direct or indirect personal information about you?	-2	+2	
Does your online profile contain any quotes or information that tells something about how you behave or feel which makes you vulnerable to predators?	-2	+2	
Do you post any mean or rude comments about others on your profile?	-2	+2	
Do you blog (keep journal entries) on your online profile?	-2	+2	
Does your online profile include any violations of intellectual property rights like plagiarism or free music downloads?	-1	+1	
Are you friends/buddies with anyone who posts mean or rude comments about others on their profile?	-1	+1	
Does your online profile contain any of your own artistic artwork that is either inappropriate or tell something about you that makes your vulnerable to others?	-1	+1	
Is there evidence of cyberbullying on your online profile?	-3	+3	
Would you be willing to print off your online profile and post it on your locker?	+2	-2	
If your online profile was printed on the front page of the local newspaper would you be embarrassed?	-2	+2	
If a parent or teacher saw your online profile would their opinion of you decrease?	-2	+2	
Does your gut tell you that your online profile reveals too much?	-3	+3	
		Final Score:	

SCORING:

110   Points: Top Score – Give yourself a reward for creating a safe online profile!

90-109 Points: Not bad, but pay attention online!

50-89 Points: It could be worse, but your better clean up your online profile!

1-49   Points: Yowza, it's time you really revise your online profile. Start from scratch?

0   Points: Worst Score – You're not responsible enough for an online profile.